

COMMUNITY RESOURCE DIRECTORY



for
**Westport
Seniors**

PUBLISHED BY THE DEPARTMENT OF HUMAN SERVICES

Town Hall Westport CT 06880 Fifteenth Edition July 2008

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**WESTPORT DEPARTMENT OF
HUMAN SERVICES**

**“COMMUNITY FOCAL POINT
FOR SERVICES TO OLDER PERSONS”**

SERVING OLDER ADULTS AND THEIR FAMILIES

Barbara Butler	Director
Terry Giegengack	Assistant Director
Margaret Pinheiro	Administrative Secretary
Pam Bass	Social Worker
Sarah Cocker	Social Worker
Maybeth Wirz	Senior Program Coordinator
Sue Lebrija	Special Services Social Worker
Susan Pfister	Director, Center for Senior Activities
Maureen Seirup	Secretary, Center for Senior Activities
Janet Canning	Program Specialist, Center for Sr. Activities
Joan Upchurch	Senior Nutrition Program Coordinator
Joan Joyce	Program Assistant
Ben Palmer	Receptionist

Westport Town Hall, Room 200

Hours: 8:30 AM. - 4:30 PM.

Telephone: 341-1050

Fax : 341-1073

Center for Senior Activities

Hours: Monday-Wednesday and Friday 8:30 AM. – 4:30 PM.

Thursday 8:30 AM.—8:00 PM.

Saturday 8:30 AM. ---12:30 PM. — monthly social events

Sunday special events, call for schedule

Telephone: 341-5099

No charge for services

Office and home visits by appointment

All discussions strictly confidential

<http://www.westportct.gov>

EMERGENCY TELEPHONE NUMBERS 1

POLICE, FIRE, EMERGENCY MEDICAL SERVICES.....911
For all emergencies, including TDD calls.

For non-emergencies: Police 341-6000
 Fire 341-5010
 EMS 341-6081
 Health District 227-9571
 Emergency Evacuation Hotline 454-6199
 Electric Power 22 POWER (227- 6937)
 Staples Radio WWPT 90.3 FM

POISON CONTROL.....call 911, then.....1-800-222-1222
Provides immediate instructions on poisons.
www.uchc.edu

NORWALK HOSPITAL.....852-2000
www.norwalkhosp.org

DUBOIS CENTER –Crisis center-24 hour helpline.....203-358-8500
www.ctpsych.org

Individuals with disabilities may register in advance with the Westport Weston Health District if they need special help in case of a town-wide or neighborhood emergency. To register, call: 227-9571.

Individuals with hearing problems may call 911 for emergency or 227-0883 for non-emergency (TDD)

<p>CALL INFOLINE: 211 24 hour, free, confidential hotline for information and resources www.infoline.org</p>
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GENERAL INFORMATION

DEPT OF HUMAN SERVICES.....341-1050

Westport Town Hall, Room 200.

Information and assistance on alternative living arrangements: Social Security, Medicare, Medicaid, family relationships, state and federal programs, including ConnPACE, ConnMAP, home care, day care, convalescent homes, tax relief, renter's relief, transportation, educational opportunities, volunteer opportunities, counseling, financial assistance, home maintenance, and most other concerns of older adults. Home and office appointments. www.westportct.gov

DO NOT CALL LIST.....1-800-842-2649

Call to register with CT. Consumer Protection Department. www.donotcall.gov

DOMESTIC VIOLENCE CRISIS CENTER.....851-5168

24 hour help line.....1-888-774-2900.....www.dvccct.org

ELDERCARE LOCATOR.....1-800-677-1116

Information on elderly services in other areas. Provide zip code of person you want to assist. www.eldercare.gov

MEDICARE1-800-633-4227

www.medicare.gov

MUNICIPAL AGENT FOR THE ELDERLY—Maybeth Wirz.....341-1072

MUNICIPAL AGENT FOR PEOPLE WITH DISABILITIES—

Terry Giegengack.....341-1183

Assistance with information and referral to community, state and federal resources. www.westportct.gov

“PERSPECTIVE”..... 341-1072

Newsletter from Department of Human Services.

PHOTO IDENTIFICATION CARD.....1-800-842-8222

For adults without drivers' licenses, call Department of Motor Vehicles www.dmv.org

GENERAL INFORMATION

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PROTECTIVE SERVICES.....203-551-2701
Investigates reports of neglect, abuse, exploitation and abandonment of persons 60 and over and takes corrective action when necessary.
www.ct.gov

SOCIAL SECURITY, Norwalk office.....899-1911
National Number.....1-800-772-1213

SWCAA.....1-800-994-9422
Southwestern Connecticut Agency on Aging
Regional information and assistance on all aging issues and services; health insurance counseling on options supplementing Medicare, Medicare Part D, Private Care Management. www.swcaa.org

VETERAN AFFAIRS

CT. DEPT. OF VETERAN AFFAIRS.....1-203-366-7175
www.ct.gov/ctva

U.S. DEPT OF VETERAN AFFAIRS...(Hartford).....1-800-827-1000
www.va.gov

<p>CALL INFOLINE 211 24 hour, free, confidential hotline for information and resources www.infoline.org</p>
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**ADULT DAY CARE CENTERS
FOR THE FRAIL ELDERLY**

The Centers listed here are certified as medical adult day health centers. They provide supervised social and recreational programs as well as health services for the frail elderly. Some offer bath service and hairdressing service. Discounted fees may be available to eligible individuals.

ELDERHOUSE.....847-1998
7 Lewis Street, Norwalk
Evening respite program. Transportation provided.
www.elderhouse.net

GRASMERE ELDERCARE CENTER.....259-6699
240 Colony Street, Fairfield

GREENWICH ADULT DAY CARE– River House.....203-622-0079
125 River Road Extension , Greenwich
www.gadc.org

JEWISH HOME FOR THE ELDERLY.....203-365-6470
175 Jefferson Street, Fairfield
www.jhe.org

WAVENY CARE CENTER.....203-594-5200
3 Farm Road, New Canaan
[.www.waveny.org](http://www.waveny.org)

COUNSELING AND SUPPORT SERVICES 5

ALCOHOLICS ANONYMOUS.....227-2496
www.ct-aa.org

ALZHEIMER'S ASSOCIATION.....899-1805
Support groups for patients as well as caregivers.
24 hour help line.....1-800-356-5502
www.alz.org

ALZHEIMER'S FOUNDATION OF AMERICA.....1-866-AFA-8484
Focuses on providing optimal care to patients and support for families.
www.alzfdn.org

BEREAVEMENT GROUPS– Mid Fairfield Hospice.....762-8958
Call for schedule of workshops and support groups. www.visitingnurse.net

CENTER FOR HOPE.....203-655-4693
590 Post Road, Darien
Helps adults and children living with a life threatening illness, or grieving the death of a loved one with professional counseling, education and support in an atmosphere of hope and renewal.
www.familycenters.org

DEPT OF HUMAN SERVICES.....341-1050
Westport Town Hall, Room 200
Experienced staff provide short-term counseling to older adults and their families.

DUBOIS CENTER.....203-358-8500
Crisis intervention Center.
www.ctpsych.org

6 COUNSELING AND SUPPORT SERVICES

HALL-BROOKE BEHAVIORAL HEALTH SERVICES.....227-1251

Committed to providing care for the mind, body and spirit as an integrated continuum of behavioral health and addiction services.

www.hallbrooke.org

JEWISH FAMILY SERVICES.....454-4992

431 Post Road East, Suite 11, Westport

Non sectarian services include individual, couple and group counseling, home companion program, support groups for widows and widowers, vocational training and employment service for those over 55 years of age.

www.ctjfs.org

LIBERATION PROGRAMS.....203-388-1565

159 Colonial Road, Stamford

Providing specialized care for alcohol, medication and other drug-abuse concerns for adults over 55. Home visits, assessments and counseling provided at no cost. www.liberationprograms.org

NEW LEARNING CENTER.....307-3030

49 John Street, Southport

Professional counseling services: on-call therapist available 24 hours, 7 days a week. Therapists specializing in geriatrics.

www.newlearningcenter.com

PEER COUNSELORS /SENIOR COMPANIONS.....762-8958

Program matches trained and supervised volunteers with adults in the community experiencing loneliness, loss, bereavement or chronic illness.

www.visitingnurse.net

POSITIVE DIRECTIONS.....227-7644

420 Post Road West, Westport

Works with individuals, families and communities toward the prevention of and recovery from substance abuse and other addictive behavior.

www.positivedirections.org

COUNSELING AND SUPPORT SERVICES 7

SUPPORT GROUPS AT NORWALK HOSPITAL.....852-2250
Support groups for a wide variety of issues. Call for listing.
www.norwalkhosp.org

WIDOW / WIDOWER SUPPORT GROUP.....227-7245
St. Luke Church, 84 Long Lots Road, Westport
THEOS monthly support group for widows and widowers. Non-denominational. Meets the fourth Thursday of the month, 7 p.m. in the Community Room. No charge.

WIDOWED PERSONS SRVC OF GTR BDGPRT.....203-368-4291
Free, national program offered by local volunteer widowed men and women who have been trained to give support and guidance on a one-to-one basis to newly widowed people. Call for outreach volunteers or newsletter.
www.wpsbpt.org

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EMPLOYMENT

MATURITY WORKS, Career Resources.....203-953-3247

CTWORKS CENTERS OF SOUTHWESTERN CT

Bridgeport

Training and job search assistance program that helps people, age 55 and older with obtaining skills necessary or employment. www.ctworkssw.org

SENIOR COMMUNITY SERVICE EMPLOYMENT.....203-921-4161

(TITLE V) -Stamford

Provides training and employment for income eligible job seekers 55+. www.ctjfs.org

WESTPORT LIBRARY.....291-4840

Workshops and resources to help job seekers find information.

www.westportlibrary.org

GERIATRIC ASSESSMENT

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Medical evaluation of senior's functioning within their environment. Care plan, information and referral to seniors and their families.

BRIDGEPORT HOSPITAL-Geriatric Assessment Center.203-384-3388
www.bridgeporthospital.org

BROWN GERIATRIC EVALUATION CLINIC203-594-5200
Geriatric Care Management Program
Waveny Care Center, New Canaan www.waveny.org

GREENWICH HOSPITAL GERIATRIC SERVICES203-863-4373
www.greenhosp.org

JEWISH HOME FOR THE ELDERLY-Institute on Aging...203-396-1240
www.jhe.org

NORWALK HOSPITAL GERIATRIC ASSESSMENT852-3112
www.norwalkhosp.org

ST VINCENT'S MEDICAL CENTER GERIATRICS.....203-576-5710
www.stvincents.org

YALE GERIATRIC ASSESSMENT CENTER.....203-688-6361
www.ynhh.org

ALZHEIMER'S ASSOCIATION.....899-1805

Information, assistance, literature and referrals. Safe Return Program.
Support groups; In-service Education; Respite Program. www.alz.org

AMERICARES FREE CLINIC OF NORWALK.....899-2493

98 South Main Street, Norwalk
Free primary care for the uninsured. Call for information regarding services
and hours. www.americaresfreeclinics.org

CANCER CARE OF CONNECTICUT.....854-9911

Counseling, information, seminars, referrals to other support services
and financial guidance and some assistance. www.cancercare.org

COMMISSION ON DEAF & HEARING IMPAIRED.....1-800-708-6796

Serves the slightly hearing impaired to the profoundly deaf. Interpreting ser-
vices, job counseling and placement, counseling and advocacy.
www.state.ct.us/cdhi

COMMUNITY HEALTH CENTERS (Bridgeport Hospital)

Bridgeport.....203-333-6864

Stratford.....203-375-7242

Stamford.....203-327-5111

Sliding scale fees, full service and dental clinic, www.bridgeportchc.org

COMMUNITY HEALTH CENTER (NCHC-Norwalk Hospital).....899-1770

121 Water Street, South Norwalk
Full range of primary care services. Appointments only. Sliding scale.
www.norwalkhosp.org

CT BOARD OF ED. SERVICES FOR THE BLIND.....1-800-842-4510

Provides comprehensive home and community services for legally blind
persons of all ages. No fee. www.ct.gov/besb/

CT RADIO INFORMATION SYSTEM, INC (CRIS).....1-860-527-8000

Connecticut's talking Newsstand for the Blind and Print Handicapped 24
hours a day 7 days a week. Special radio required.

HEALTH SERVICES

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CT VETERANS HOME AND HOSPITAL.....1-860-529-2571

287 West Street, Rocky Hill, CT

Hospitalization and convalescence care for veterans. www.ct.gov/ctva

DENTAL SERVICES CLINIC (Norwalk Hospital).....852-2146

Sliding fee scale. Appointment necessary. www.norwalkhosp.org

DENTAL SERVICES– NORWALK SMILES.....854-9292

49 Day Street, South Norwalk

Accepts most dental insurances, including Medicaid, sliding scale.

DISABILITY RESOURCE CNTR / FAIRFL'D CNTY.....203-378-6977

80 Ferry Blvd., Suite 210, Stratford

Support services, training and equipment to promote independent living skills and the rights of disabled people. www.drcfc.org

EYECARE AMERICA.....1-800-222-3937

Those 65 years of age and older who have not seen an ophthalmologist in three or more years are eligible for a comprehensive, medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and /or other insurance reimbursement as payment in full. Uninsured patients will receive care with no charge. www.eyecareamerica.org

FAIRFIELD COUNTY MEDICAL ASSOCIATION.....203-372-4543

Provides help in finding a doctor. www.fcma.org

HALL-BROOKE BEHAVIORAL HEALTH SERVICES.....227-1251

Full range of inpatient and outpatient behavioral health and chemical dependency programs. www.hallbrooke.org

HEALTH DISTRICT, WESTPORT WESTON.....227-9571

180 Bayberry Lane Hours: 8:30 am – 4:30 pm, Monday – Friday

Provides monthly schedules and up-to-date public health service announcements. The Westport Weston Health District offers a variety of clinics and health programs including:

(continued on page 12)

HEALTH SERVICES

HEALTH DISTRICT, WESTPORT WESTON.....227-9571

(continued from page 11)

- HIV-AIDS Counseling and Testing Clinic.
- Routine and Traveler’s immunizations for adults and children.
- Cholesterol, blood pressure, and blood sugar screenings.
- Periodic cardiovascular, mammography, prostate and skin cancer screenings.
- Visits to the homebound to ensure health needs are met.
- General information on public health issues.
- Educational seminars and literature on a variety of health issues.

In addition, the Health District:

- Inspects and approves septic systems and private water supplies.
- Conducts routine inspections of day care centers, cosmetology and hair salons, restaurants and food stores to ensure sanitary conditions.
- Conducts quality water sampling for recreational areas.
- Investigates and resolves nuisance complaints.
- Maintains an emergency list of residents in need of special assistance during a weather or public health related emergency or disaster.

www.wwhd.org

PSYCHIATRIC CLINIC (Norwalk Hospital).....852-2988

Consultation, evaluation and treatment of mental health problems. Inpatient and outpatient. Sliding fee scale. Appointments. www.norwalkhosp.org

VETERAN’S AFFAIRS NEW ENGLAND HEALTH CARE SYSTEM

West Haven.....203-932-5711

Veteran’s in-patient and out-patient care. Health screening. Help with prescription drugs. Appointments necessary. V.A. health screenings also available at Stamford Hospital. 203-325-0649. www.va.gov

VOLUNTARY SERVICES FOR THE BLIND OF FAIRFIELD COUNTY.....203-324-6611

Seeks to improve the quality of life for visually handicapped persons. All services provided by volunteers. www.volunteersolutions.org

HOME HEALTH CARE

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ARE YOU OKAY?.....341-1071 or 341-1072
Free Town of Westport service of daily computerized telephone calls.

CT NAT'L FAMILY CAREGIVER SUPPORT PROGRAM.....203-333-9288
Daytime and overnight relief for caregivers of individuals with Alzheimer's or related disorders. Southwestern Connecticut Agency on Aging.
www.swcaa.org

CT HOME CARE PROGRAM FOR ELDERS
Alternate Care Unit of CT.....203-445-5394
Program of Connecticut Dept. of Social Services contracted with Southwestern Connecticut Agency on Aging, which funds a variety of home care services as an alternative to nursing home care. Asset restrictions.
www.swcaa.org

FAMILY AND CHILDREN'S AGENCY.....831-2900
Home Care Plus program offers a range of homemakers and home health aide services, subsidized to help with independence.
www.familyandchildrensagency.org

HOME DELIVERED MEALS OF WESTPORT.....341-5097
Volunteers deliver nutritious dinners at mid-day Monday through Friday. Light supper meal optional. For anyone not able to prepare own meal.

HOME HEALTH CARE AGENCIES.....www.medicare.gov
List of certified agencies and ratings.

HOSPICE, MID-FAIRFIELD..... 762-8958
A partner with Nursing and Home Care provides a complete program of compassionate home care services for terminally ill patients and their families. www.visitingnurse.net

LIFELINE.....853-3116
A 24 hour emergency response system with small personal "help" button to summon immediate aid. www.familyandchildrensagency.org

HOME HEALTH CARE

NURSING AND HOME CARE..... 762-8958

Complete array of home health care services including skilled nursing , physical therapy, occupational therapy, home telehealth, geriatric care management, home health aides and homemakers. Hospice and respite care. Medicare-certified, non-profit agency. www.visitingnurse.net

WESTPORT WOMAN’S CLUB.....227-4240

44 Imperial Avenue, Westport
“Loan Closet” for free health care equipment.
www.westportwomansclub.org

HOUSING-HOME MAINTENANCE

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APARTMENTS.....341-1030

Planning and Zoning Office, Town Hall www.westportct.gov

- Accessory Apartments: Permit allows conversion of part of home to legal apartment. Owner or tenant must be 62+ or disabled and receiving Social Security disability income.
- Affordable Accessory Apartments: Call for regulations.

BETTER BUSINESS BUREAU.....203-269-2700

Find and accredited business. www.connecticut.bbb.org

CANAL PARK (Westport Housing Authority)227-4672

Fifty-unit rental community for seniors 62+. Subsidized independent living. Applications accepted for waiting list.

CT CONSUMER PROTECTION DEPARTMENT.....1-800-842-2649

Consumer protection representatives will answer consumer questions.

A list of registered contractors available for a fee. www.dcp.state.ct.us

FAMILY AND CHILDREN'S AGENCY.....831-2900

Chore services, light maintenance and repairs. Carpentry program specializes in home renovation for handicap accessibility. www.familyandchildrensagency.org

HELPING HAND.....341-1071 or 341-1072

Westport Firefighters, Local 1081, volunteer to do home chores up to one hour; consult on major repairs. Focus on safety. Smoke alarms installed. For eligible residents on limited incomes ,65+ or disabled.

HOUSING OPTIONS– Dept of Human Services.....341-1050

Southwestern CT. Agency on Aging.....1-800-811-9808

Lists of: Assisted Living, Continuing Care Retirement Community, Congregate Living, Residential Care Homes, Independent Retirement Community, Subsidized Rental Housing available at www.swcaa.org.

THE SAUGATUCK.....226-1570

Thirty-six unit cooperative. Independent living for adults 62+.

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HOUSING-HOME MAINTENANCE

REVERSE ANNUITY MORTGAGES.....341-1072

CT Housing Finance Authority offers reverse annuity mortgages for long term care. FHA-insured reverse mortgages for any purpose.

www.hud.gov/buying/rvrsmort.cfm

WE DO WALKWAYS, ETC.....341-1050

Call for list of young people willing to shovel snow, rake leaves, outdoor work only. Suggested compensation: \$10. per hour.

LEGAL INFORMATION AND SERVICES 17

BETTER BUSINESS BUREAU.....203-269-2700
www.connecticut.bbb.org

CENTER FOR MEDICARE ADVOCACY.....1-800-262-4414
Legal advice and representation on Medicare issues.
www.medicareadvocacy.org

CONNECTICUT LEGAL SERVICES203-336-3851
Legal assistance regarding elder consumer rights, Medicaid and nursing home rights, elder housing rights. www.connlegalservices.org

CONSUMER LAW PROJECT FOR ELDERLS1-800-296-1467
Free legal advice for Seniors 60 and over who have consumer problems.
www.ctelderlaw.org

CONSUMER PROTECTION.....1-800-842-2649

HOUSING COURT.....846-4332
Help with landlord-tenant matters, evictions.

LAWYER REFERRAL SERVICE.....203-335-4116
Bar Association sponsored service. Referral locally, \$35 first half hour.
www.bptbar.org

NEON.....899-1061
Norwalk Economic Opportunity Now
Eviction / foreclosure prevention program. www.neoncaa.org

PROBATE COURT.....341-1100
Town Hall, Room 100 www.westportct.gov
Probates wills; administers estates and trusts; appoints conservators of persons and estates of incapable persons; appoints guardians.

STATEWIDE LEGAL SERVICES/CT-ELDERLY UNIT.....1-800-453-3320
www.slscct.org/home/publicweb

MONEY MATTERS

AMERICAN RED CROSS.....1-800-319-9935

Chapter Headquarters : 158 Brooklawn Ave, Bridgeport

Training Center: 596 Westport Ave, Norwalk

24 hours; 7 days a week. Temporary housing, food and clothing assistance in emergency relief situations. www.midfairfieldredcross.org

CT DEPT. OF VETERANS AFFAIRS.....203-366-7175

Help with benefits and other concerns of veterans. Office of advocacy and assistance. www.state.ct.us/ctva/

CT DEPT OF SOCIAL SERVICES.....toll free..... 1-877-551-2700

925 Housatonic Avenue, Bridgeport

Food stamps, State Supplement (cash assistance); Medicaid also known as Title 19; and “QMB”, a program that helps with Medicare premiums and deductibles for those eligible. www.dss.state.ct.us

ConnMAP.....341-1072 or.....1-800-443-9946

Physicians charge amount Medicare approves when they agree to treat a patient with ConnMAP. Maximum income: \$39,105 single and \$52,635 married as of January 2008. www.dss.state.ct.us

ConnPACE.....341-1072 or.....1-800-423-5026

Those citizens 65 and older or disabled pay less for prescription drugs and diabetic supplies with a ConnPACE card. Maximum income: \$23,700 single and \$31,900 married as of January 2008. www.connpace.com

CONSUMER CREDIT COUNSELING.....1-800-450-2808

Non-profit statewide community service offers financial counseling, debt management. www.moneymanagement.org

MONEY MATTERS

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DEPT OF HUMAN SERVICES.....341-1050

Westport Town Hall, Room 200

Information and assistance with financial needs including; Medicare, Medicare Part D, Medicaid, ConnPACE, ConnMAP, "QMB", Social Security, SSI, home-owners tax relief, renters relief, sewer charges relief, fuel assistance, food stamps, accessory apartment conversions. Help with "redtape".

DISCOUNTS.....341-1071....or.....341-1072

Local businesses and theaters may offer discounts for senior citizens. AT&T offers \$9.27 credit ("Lifeline") on telephone bills to low income customers.

FUEL ASSISTANCE

NEON, Inc.899-2444..or..899-2445

98 South Main Street, Norwalk www.neoncaa.org

Westport Human Services (Westport Warm-up Fund).....341-1071

Awards vary with income and family size. Income and asset guidelines.

MEDIGAP, MEDICARE PART D INSURANCE INFORMATION

CHOICES.....1-800-994-9422

A cooperative program of the State of Connecticut, Department of Social Services, the Area Agencies on Aging and the Center for Medicare Advocacy. www.swcaa.org

NATIONAL COUNCIL ON AGING.....www.BenefitsCheckUp.org

Computer web site with confidential screening tool to determine eligibility for state and federal programs, with detailed instructions on how to apply for them. For assistance: Dept of Human Services- 341-1072 or www.swcaa.org...1-800-994-9422

NEW ENGLAND PENSION ASSISTANCE PROJECT.....1-888-425-6067

Assistance for individuals having trouble understanding or obtaining their pension benefits, as well as finding lost pensions. www.pensionaction.org

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAM

Pharmaceutical companies in cooperation with physicians supplying free prescription drugs for those who qualify. Through your own doctor.

MONEY MATTERS

SOCIAL SECURITY ADMINISTRATION.....1-800-772-1213

Norwalk Office.....849-1911

24 Belden Avenue, 5th floor, Norwalk

Hours: 9 a.m. to 4:00 p.m., Monday through Friday.

Information on Social Security, Medicare and Supplemental Security
Income, Disability Assistance. Call first. www.ssa.gov

SOLDIERS, SAILORS & MARINES FUND.....1-860-298-0719

Temporary financial aid to veterans and their families. www.ctgov/ssmf

TAX RELIEF / RENTERS RELIEF / SEWER RELIEF

Assessor.....341-1139

Department of Human Services.....341-1071 or 341- 1072

For 65 years plus or disabled; income eligibility differs for various state and
local programs.

UNEMPLOYMENT COMPENSATION.....203-348-2696

Dept. of Labor, 111 High Ridge Road, Stamford

RECREATION AND EDUCATION

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AARP (Connecticut office)1-866-295-7279

Monthly meetings open to all seniors at the Center for Senior Activities on the third Wednesday; 1 PM, September through June. Community affairs, speakers, social events, trips and tours. National web site www.AARP.org

AMERICA THE BEAUTIFUL- National Parks and Federal Recreational Lands Pass- \$10 lifetime pass to Federal Parks for adults 62+. Obtain pass at park you visit. <http://store.usgs.gov>

CENTER FOR SENIOR ACTIVITIES.....341-5099

21 Imperial Avenue

The Center is dedicated to enhancing the quality of life for adults 60 years of age and older. Hours: Monday - Friday, from 8:30AM - 4:30PM, Thursday until 8:00 PM, Saturdays; 8:30AM-12:30 PM with one social per month. The Friends of the Center sponsor special Sunday programs. Call for schedule.

Recreational, cultural, social and educational programs; Senior café-lunch requires 24-hour advance notice, donation requested. Monthly newsletter and menu at www.westportct.gov. Activities include: lectures, discussion groups, current events, computer courses or one-on-one training, drama, choral group, bridge lessons, cards and poker, mahjong, jewelry making, drawing and watercolor, sculpture & pottery, stained glass, fitness center, Pilates, tai chi, circulatory exercise class, yoga, health screenings, hearing testing, lending library, memoir writing, short stories series, safe driving program, culinary courses, tax counseling, information and referral, special weekend events, beautiful terrace in park-like setting. Handicapped accessible.

CHARTER OAK PASS.....1-860-424-3200

Free pass to CT State Parks for adults 65 and over. Send a clear copy of driver's license or photo I.D. (which shows address and date of birth) to: Dept. of Environmental Protection, Charter Oak Pass, State Parks, 79 Elm St., Hartford, CT 06106.

CHURCHES AND SYNAGOGUES

Your church or synagogue may have a senior group. It may also provide counseling, home visiting, and transportation to religious services.

COLLEGE COURSES

Many nearby colleges offer to discount or waive their course fees.

ELDERHOSTEL.....(toll free)...1-877-426-8056

College-level classes, travel, volunteer programs, multi generational trips combined with living on campus, in hotels, motels and aboard ship for a week or more are offered by Elderhostel at moderate cost. Free quarterly catalogues for national and international programs are available by calling the toll free number. www.elderhostel.org

FISHING AND HUNTING LICENSES.....341-1110

Westport Town Hall, Room 105

Free licenses for adults 65 and over, No annual renewal necessary.

INSTITUTE FOR LEARNING IN RETIREMENT.....256-3166

Affiliated with Elderhostel

Sacred Heart University / Fairfield Senior Center

INSTITUTE FOR RETIRED PROFESSIONALS.....254-4000 ext. 2688**Fairfield University**

Monthly symposia, discount on cultural events at the Quick Center for the Arts and the opportunity to audit university courses. For adults 55 and over. \$220. per semester and \$189 for spouse. www.fairfield.edu

LIFETIME LEARNERS INSTITUTE.....857-3330**Norwalk Community College**

For adults 50 and over. Membership fee \$30; \$20 fee for each course.

www.lifetimelearners.org

RECREATION AND EDUCATION

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PARKS AND RECREATION.....341-5090

Longshore

For most activities there are special rates for adults 62 and over. Hand-held beach emblems are available to senior residents who don't drive.

www.westportct.gov

STAPLES HIGH SCHOOL POOL.....341-5090

Pool is open to residents from mid-September to mid-June. Mon, Wed and Friday: 6:30 PM to 9:00 PM; Tues and Thurs, 5:30 PM to 9:00 PM. Sat and Sun 1:15 PM to 3:45 PM. Hand pass required, daily fee \$7. Season pass for age 62 and over \$125. Pool closed during Staples H. S. events and holidays. Park and Recreation cancellations: 203-341-5074.

WESTPORT BOARD OF EDUCATION

CONTINUING EDUCATION.....for catalog.....341-1208

Classes at Center for Senior Activities as well as Staples High School; reduced senior rates. www.westportcontinuinged.com

WESTPORT CHAMBER OF COMMERCE.....227-9234

List of "Things to Do" in or near Westport. Maps.

www.westportchamber.com

WESTPORT PUBLIC LIBRARY.....291-4840

Over 900 free programs each year including lectures, films, author programs, book discussions and other events. Free high-speed access to the Internet on computers as well as wireless access throughout the building. Handicapped access throughout the building. Mail-a-book services for the homebound available. For the vision-impaired: large print books; Optelec magnifying machine; audio books. "Grandkits" are a special service for grandparents with visiting grandchildren—call 291-4810 to request a bundling of books, toys, movies and music. More information at www.westportlibrary.org

RECREATION AND EDUCATION

WESTPORT WESTON FAMILY Y.....226-8981

Discounted membership rates for adults 65 and over. Variety of special programs including: senior aqua fitness, arthritis aquatic program, senior strength training, use of fitness center and pool. www.westportymca.org

Y'S MEN OF WESTPORT.....www.ysmenwestportweston.org

Retired and semi-retired men meet weekly at the Saugatuck Church from September through May, on Thursday mornings at 10AM. Special interest groups meet at other times.

Y'S WOMEN OF WESTPORT-www.yswomen.org

Opportunities for learning, social and recreational activities. General meetings usually two Mondays each month, September through May. Coffee and socializing begin at 11 AM and the meeting is from 11:30-12:30PM. Membership fee of \$25. Special interest groups and volunteer opportunities.

55 PLUS CLUB.....341-1026

Call the Executive Assistant to the Superintendent of Schools for membership card which entitles holder to complimentary tickets to plays and concerts given by Westport students, free admission to at home sports events and use of Staples Library. Allow two weeks to receive membership card.

TRANSPORTATION

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AMERICAN CANCER SOCIETY.....1-800-227-2345

Transportation to cancer related medical appointments anywhere in the area for cancer patients. 48 hour notice. No cost. www.cancer.org

FAMILY & CHILDREN'S AGENCY– HOME CARE PLUS.....831-2900

Wheel chair accessible van. Assisted transportation for 60 + years of age. Seniors may qualify for discounts. www.familyandchildrensagency.org

HANDICAPPED PARKING PERMIT.....341-1050

Applications available in Town Hall, Room 200.

METRO-NORTH.....1-800-638-7646

Reduced rates at 65 years during off-peak hours. www.mnr.org

NORWALK TRANSIT

• **COASTAL LINK.....852-0000**

Post Road bus service from Norwalk to Milford. Monday through Saturday; 5:50 AM. to 8:50 PM; Sunday: 9 AM. to 6PM. Senior and disabled fare: \$.60 with ID card or Medicare card. www.norwalktransit.com

• **DOOR TO DOOR.....299-5180**

Service within Westport for residents 65 plus and disabled individuals: \$2.50 per trip. Purchase of ten tickets: \$22.50 (\$2.25 per trip). Wheelchair lift. Registration required. Advance reservation necessary; purchase tickets in advance at: Hudson United Bank, the Center for Senior Activities and Town Hall Room 200, in person or by mail. www.norwalktransit.com

• **TOWN-TO-TOWN299-5180**

Service for Westport residents 65 plus and disabled individuals to New Canaan, Wilton, Norwalk. Wheelchair lift. Two tickets for one way across one town line, three for across two or more town lines. See Door to Door for registration and ticket information. www.norwalktransit.com

PROJECT GO.....341-1071

Limited number of free door-to-door transit tickets for qualified seniors.

TRANSPORTATION

RSVP MEDICAL VOLUNTEER TRANSPORTATION.....341-1071

Rides to medical appointments. Minimum 48 hours notice. Application required, Person must be ambulatory. Call to register.

RAILROAD PARKING.....341-6052

Free parking in \$4.00-a day designated parking area at railroad station two times a month for 62 years of age and over. After receiving first \$4.00 ticket go to police station to register. After that, call and mail tickets to have two a month free.

VOLUNTEER OPPORTUNITIES

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CHRISTIAN COMMUNITY ACTION.....899-2485

Donations of non-perishable food and furniture are welcomed in addition to being available to those in need. www.ccanorwalk.org

FRIENDS OF THE CENTER FOR SENIOR ACTIVITIES.....341-5098

Voluntary organization committed to supporting the mission and goals of the Center and to enriching and expanding the programs and activities it offers to the Westport community.

RETIRED AND SENIOR VOLUNTEER PROGRAM...(R.S.V.P.)...899-2442

Recruits and places senior volunteers in non-profit organizations.
www.rsvpswct.org

SERVICE CORPS OF RETIRED EXECUTIVES...(SCORE).....847-7348

Counselors to America's Small Business, Fairfield County Chapter 41
24 Belden Avenue, Norwalk www.scorenorwalk.org

VISITING NURSE CARE NETWORK.....762-8958

Many opportunities to volunteer: peer counselor, Hospice, patient support, culture program, etc. Visiting Nurse Care Network. www.visitingnurse.net

VOLUNTARY ACTION CENTER.....849-1111

A program of the Human Services Council which provides referrals for community volunteers. Individual's skills are matched with needed community services. www.communityplanning.org

VOLUNTEER PROGRAMS / HUMAN SERVICES DEPT.....341-1050

Drivers for Home Delivered Meals Program, Senior Center volunteers, Town Hall receptionists, Mentor Program for Youth.

VOLUNTEERING—Localwww.volunteermatch.org.

Log on, enter your zip code and find local opportunities to volunteer.

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THE COMMISSION FOR SENIOR SERVICES

STANLEY NAYER, CHAIRMAN

Al Balas
Teri Klein
Bob McGrath

Sharon Rosen
Michael Stashower
Kelli Walsh

The Commission meets year-round on the third Friday of each month at 9:30AM in Room 201 of the Westport Town Hall.
The public is cordially invited to attend.
